Aerobic Winter Newsletter

Volume 24 Issue 1 ~ December 2005

Hello Everyone!

Welcome to this year's Aerobic Winter Challenge! It has been somewhat chilly at night, but the lack of snow and ice make walking and running and biking still safe. No Skiing – yet! In this newsletter, you'll find articles on what aerobic versus anaerobic activity is, learning what kind of foot type you have, a recipe for corn chowder, and a bedtime story of the In-n-Out Burger. There are 65 winners this month. Prizes include gift certificates for books, coffee shops, restaurants, Wal-Mart, movies, ski rentals, pizza, massages, and more! If you would like a list of this month's winners, drop an email to pcady@coconino.az.gov . Keep your fingers crossed if you didn't win… there's plenty more prizes to go! Enjoy! And Happy Holidays from the Heartbeat Gang.

- Tara, Nancy, Pamela, and Vanessa

What Does Aerobic Activity Mean?

An aerobic activity is one that gets your heart and breathing rate up. Activity such as yoga is great for stretching, relaxation, and some strength building, but it generally is not an aerobic activity. The less technical way to determine if an activity is aerobic enough to get you in your target heart rate is if you are able to talk with a friend while you are doing it. It shouldn't be as easy to talk as if you were sitting having coffee together, and it shouldn't be so hard that you can't keep up the conversation.

The more technical way to determine this is to use a target heart rate calculation; such as http://www.exrx.net/Calculators/TargetHeartRate.html
Here's the nitty gritty on how the calculation works:

the number 220	220
minus your age	- ___
Result is maximum heart rate	=
Subtract resting heart rate	-
Multiply by target zone*	x
Add resting heart rate back in	+ ___
Result is your target heart rate	=
Divide by 6	÷

so you can take your pulse for 10 seconds while you are exercising to compare it to your target number.

* beginners: multiply by .6 to .65, regulars: by .7 to .75, competitive athletes: by .8 to .85

Making Strides

This is the first in a series of articles to help you figure out the best type of shoe for your foot.

Finding the right running shoe for your foot can reduce your chance of getting injured by compensating for poor body mechanics. Your foot has to do a lot of work – it absorbs and dissipates impact from each step and then helps push you off onto your next step. A normal step involves landing on the outside of your heel, rotating in along the middle of your foot, and pushing off at the ball of your foot. Poor body mechanics generally fall into two categories: underpronators and overpronators. Pronation refers to the foot flattening to absorb impact after the heel strike phase of the step. People with high arches tend to underpronate (oversupinate) so they don't have much shock absorption in their feet. This can lead to stress fractures in the leg, tendenitis in the Achilles tendon, and plantar faciitis (characterized by heel pain). Those with flat feet tend to overpronate which then involves pushing off for the next step from a destabilized position. This can lead to stress fractures in the foot, tendenitis in the Achilles tendon as well as in the knee and lower leg, and plantar faciitis. Learning what your body's foot mechanics are like and what type of shoe to buy to compensate for your body's abnormalities can reduce your chance of getting injured.

What Kind of Foot Do You Have?

Look at your old running shoes to see how they are worn. Do they tilt outward due to underpronation? Do they tilt inward due to overpronation? Now wet your foot and stand on that foot on a piece of paper. Move your body around to try to get as much of your foot as possible to contact the paper. Step off and match the silhouette to the diagram below.

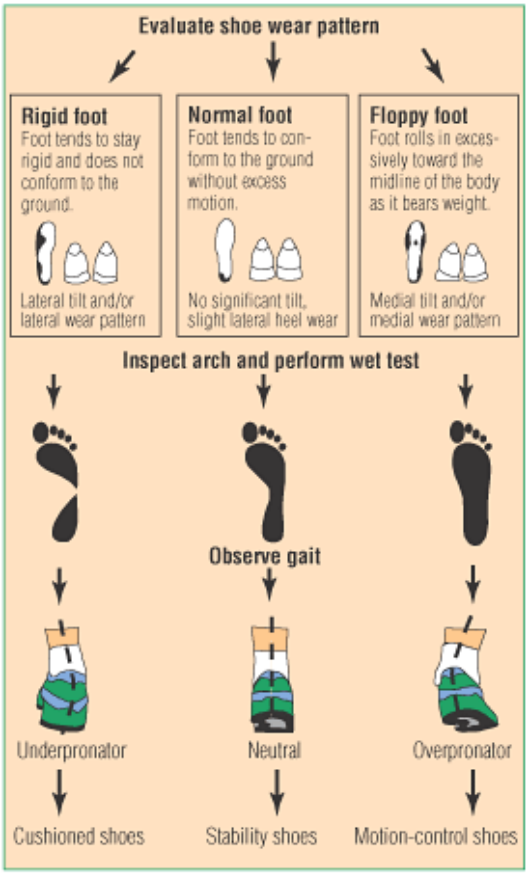

FIGURE 4. Examining worn running shoes (especially the heel counter, midsole, and outsole) and performing a wet test on the patient's feet will provide a wealth of information for preventing further running injuries. By observing the patient's gait, clinicians can determine if biomechanical abnormalities may be a factor in causing injury.

(Figure reprinted with permission from Asplund CA, Brown DL: "The Running Shoe Prescription" Physician and Sports Medicine, 2005; 33(1): 17-24 copyright 2005 The McGraw-Hill companies. All rights reserved)

Tune in next month to learn about shoe anatomy and how that matches your foot type.

Recipe Corner

Atlantic Corn Chowder

INGREDIENTS:

3 large potatoes, cubed, with skins left on
1 onion, diced
1 1/2 cups 2 % evaporated lowfat milk
1 can (14.75 ounce) cream-style yellow sweet corn

DIRECTIONS:

1. Place potatoes in a large pot with water to cover. Stir in onions. Bring to a boil over medium heat, then reduce heat to medium-low and simmer until potatoes are tender, about 20 minutes.
2. Stir in evaporated milk and corn. Heat through, about 10 minutes. Serves 8.

Nutrient	Amount	% Daily Value
Calories	200	
Fat	1.5 grams	2%
Saturated Fat	.5 gram	3%
Cholesterol	5 mg	1%
Protein	7 grams	
Carbohydrates	41 grams	14%
Dietary Fiber	4 grams	16%
Sodium	210 mg	9%
Vitamin A		6%
Calcium		15%
Vitamin C		50%
Iron		8%

Ready to Quit Tobacco for Good?

Join our support group at the county health department. The next weekly group starts on Wednesday, Jan. 18 at 6 pm and runs for 6 sessions. It's **free** and you can receive a 50% discount on medication also! Call 522-7882 to register.

The Story of the In-n-Out Burger *Once upon a time*, a 150 pound guy named Jack ate a hamburger with cheese. How many minutes of casually strolling with Jill in Buffalo Park did it take Jack to burn off those calories? These calculations already include calories burned by your basal metabolic rate, so you can't cheat and add those calories onto the ones listed here, Jack! Basal metabolic rate means calories burned when you just lie down for 24 hours a day. Daily metabolic rate includes regular non-strenuous activity such as sitting, typing, brushing your teeth, etc.

Food (Serving)	**Calories**	**Walking 3 mph**	**4 mph**
	(How long it takes a 150 pound person to burn those calories in hrs:min)		
Hamburger w/cheese (4.6 oz)	355 calories	2:00	1:22
Chicken pot pie	484 calories	2:44	1:51
Breakfast Burrito (5 oz.)	390 calories	2:12	1:29
Pepperoni Pizza	400 calories	2:16	1:32
Chocolate Iced Donut (1.5 oz)	204 calories	1:09	:47
Filet Mignon (8.8 oz., Roasted)	578 calories	3:16	2:13
Rice Pudding (5 oz.)	231 calories	1:18	:53
Chocolate Ice Cream Shake (14.5 oz.)	859 calories	4:51	3:17

Moral of the story: Omigod! Don't eat ice cream shakes too often

Basal metabolic rate: (your weight in pounds) x (1000) = calories needed / 24 hours
Daily metabolic rate: (your weight in pounds) x (1300) = calories needed / 24 hours